

Casualty Simulation

Review

What is casualty simulation? [OHP]

Divide the Cadets into small groups and get them to discuss what casualty simulation means to them.

Definition: Casualty Simulation is the skill of accurately portraying injury or illness in as realistic way as possible.

Show the Cadets the vu-foil and stress the importance that all elements make up casualty simulation and if any one element is missing it is not casualty simulation.

Why do casualty simulation?

In the same groups ask the Cadets to discuss why we should do casualty simulation.

List all the reasons given on a white board or flip chart.

Health & Safety [OHP]

Discuss with the Cadets the following basic rules for health and safety when doing casualty simulation.

- Wear old clothes
- Do not leave the Unit without removing all make-up.
- Replace all lids on the make-up as soon as you have finished using it.
- Do not put yourself or anyone else in danger.
- Clean and tidy the make-up area including any spillages.

Staging

Introduction and Principles

Staging is only one part of the casualty simulation process but an important part. Realism must be the main objective for any scenario.

The staging must be safe for the casualty, the rescuers and observers.

Particular attention must be given to detail. Think carefully about how the accident occurred, how the injuries occurred and what has happened.

Safety

Discuss with the Cadets what should they be keeping an eye on whilst the simulated incident is going on. Think about the casualty, set, First Aiders and spectators.

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Possible safety issues: [OHP]

- Health of casualty
- Lifting practices
- Incorrect handling that may cause injury
- Weather
- Codeword

Introduce the idea of a codeword to the Cadets; its uses, to draw attention to a real injury and actions. The codeword used is SAFEGUARD.

If a casualty says SAFEGUARD then they are saying that they have a real problem or injury and require attention for real.

Props

Ask the Cadets to discuss what factors must be considered when placing props on a set in relation to the casualty and injury.

Possible answers include:

- What has happened?
- What is the story?
- Why is the prop there?
- How did it end up where it is?

Positioning [OHP]

Activity - divide the Cadets into small groups. Give each group a scenario from the list below and ask them to create a scenario, paying particular attention to the positioning of the casualty, their injury and any props used (including casualty clothes).

Then get each group to present their scenario.

Scenario 1

An adult male has collapsed with chest pains. He has been shopping and is just leaving the supermarket. He has had the pain before and is seeing the doctor.

Scenario 2

A girl has been playing in the playground and has fractured her left leg.

Scenario 3

A boy has been climbing a tree. He has fallen from a height of about 6 metres and is complaining of pain in his lower back.

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Scenario 4

A car has hit a tree. The driver is a young female (approx 18 years old). She has a bad cut to her forehead.

Location of Scenario

Ask the Cadets to discuss the factors to take into account when selecting a location to stage a scenario.

Possible factors:

- Access for vehicles
- Make-up facilities
- Shelter
- Running water
- Safe area
- Suitable setting for the incident being staged
- Number of casualties

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Make-up

Safety Issues:

Discuss safety issues with the Cadets related to make-up.

- Be careful when using make-up around the eyes.
- If any reaction to the make-up occurs then stop using it.



Basic Materials:

Two of the basic materials of casualty simulation are false tissue and blood. These can both be made in the domestic kitchen and Cadets will be expected to make their own at home and use them in the future sessions.

Warning: Proprietary stage bloods can be purchased. However, some stage bloods may stain.

Give out Handouts 1 and 2.

Make-up Competencies:

Basic Incised Wound	<p>Discuss the recognition features of an incised wound.</p> <p>Demonstrate the creation of a basic incised wound using false tissue.</p> <p>Pay particular attention to the following:</p> <ul style="list-style-type: none"> • Colour matching - does it look the same colour as the skin • Blending - are all edges blended into the skin so they are hidden • Is the blood the right colour • Does the blood run in the right direction. <p>Get the Cadets to practice the creation of a incised wound.</p> <p>How the final make-up should look:</p> 
Simple Burn/Scald	<p>Discuss the recognition features of a burn and scald.</p> <p>Demonstrate a simple burn or scald using reddening and showing the fluid leakage on the burn surface. Also show where the heat dispersal occurs.</p> <p>Explain how burns/scalds happen and where the burnt areas would occur.</p> <p>Activity - Get the Cadets to pour cold water over their hands and watch where that water runs. These areas would be where the burns occur.</p> <p>Get the Cadets to practice a simple burn/scald.</p> <p>How the final make-up should look:</p> 

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Nose Bleed

Discuss the recognition features of a nosebleed.

Demonstrate a nosebleed that has just happened paying particular attention to the colour of the blood and its consistency.

Get the Cadets to practice a nosebleed.

How the final make-up should look:



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Acting

After each piece of make-up has been completed, demonstrate the acting that accompanies this make-up, making sure the following points are discussed:

Basic Incised Wound

- Know the cause
- How does it feel eg pain, sensation of bleeding
- Be aware of how others may react to your wound
- Consider your position and clothing in relation to your injury

Simple Burn/Scald



- Know the cause
- What is a burn/scald?
- Understand levels of pain
- Be aware of treatment eg immersion in water
- Personal safety throughout

Nosebleed

- Know the cause (consider injury, medical condition, medication)
- How does it feel eg pain, sensation of bleeding
- Know what treatment/mistreatment may be given and react appropriately
- Understand the impact of make-up eg breathing, ingestion
- Consider your position depending on cause



Make-up

Make-up Competencies:

Simple Closed Fracture	<p>Discuss the recognition features of a simple closed fracture.</p> <p>Demonstrate the creation of a simple closed fracture complete with associated bruising.</p> <p>Pay particular attention to the following:</p> <ul style="list-style-type: none">• Size and location of injury• Correct colour match• Well blended edges <p>Get the Cadets to practice the creation of a simple closed fracture.</p> <p>How the final make-up should look:</p>  <p>© Cas-Sim 2004</p>
Bruising (old and new)	<p>Discuss the recognition features of a bruise at different stages in time.</p> <p>Demonstrate a bruise at different points in time. Show the colour changes.</p> <p>Get the Cadets to practice several bruises at different points in time.</p> <p>How the final make-up should look:</p>  <p>© Cas-Sim 2004</p>

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Make-up Competencies:

Abrasions	<p>Discuss the recognition features of an abrasion.</p> <p>Demonstrate an abrasion including appropriate dirt from the correct location.</p> <p>Get the Cadets to practice an abrasion with dirt.</p> <p>How the final make-up should look:</p> 
Shock	<p>Discuss the recognition features of shock.</p> <p>Get the Cadets to look at the face of the person to be made up. Then demonstrate shock make-up by doing half of the person's face and comparing the two sides.</p> <p>Pay particular attention to:</p> <ul style="list-style-type: none">• Does your casualty look paler?• Does it make it too extreme? <p>Then complete the other half to show full shock make-up.</p> <p>Get the Cadets to practice full face shock make-up.</p> <p>How the final make-up should look:</p> <div data-bbox="480 1630 1428 2040"></div> <div data-bbox="480 2047 1257 2078"><p>Before Half & Half Full Shock</p></div>

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Acting

After each piece of make-up has been completed, demonstrate the acting that accompanies this make-up, making sure the following points are discussed:

Simple Closed Fracture

- Know the cause
- Understand how treatment affects pain
- Consider position for comfort
- Safety of treatment
- Understand how the injury develops

Bruising (old and new)

- Know the cause

Abrasion with dirt

- Know the cause
- Think about the pain

Shock

- Understanding the stages
- History, signs and symptoms
- How shock affects the body
- Reaction to handling and treatment

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Sprains/Strains

Demonstrate to the Cadets the acting of sprains and strains. Bring out the following points:

- What is a sprain?
- What is a strain?
- Understand levels of pain
- Limitations of movement
- Development over time

Get the Cadets to practice sprains/strains.

Cramp

Demonstrate the acting of cramp. Bring out the following points:

- Understanding the cause
- Reaction to pain
- Practice self-help
- Reaction to handling and treatment

Get the Cadets to practice acting cramp.

Bystander

Demonstrate the acting of an anxious bystander. Bring out the following points:

- Understand the role of the bystander
- Understand your brief and relationship to others

Get the Cadets to practice acting different types of bystander eg anxious, interfering, panicking.

Fainting

Discuss with the Cadets the safety aspects of fainting. You have to be careful not to injure yourself by falling badly.

- Are you fit enough to do this?
- Check the safety of the surrounding area
- Ensure you are prepared eg pockets clear, spectacles removed
- Understand reasons for fainting

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- Stages of a faint (move into position, knees, roll)

Fainting is one exception to not showing the accident happening as it can be controlled.

Demonstrate fainting from sitting and then the coming round process. Demonstrate firstly stage by stage and then in real time.

Get the Cadets to practice fainting from sitting and the coming round process. Make sure they have sufficient of their own space.

Demonstrate fainting from standing and the coming round process. Demonstrate firstly stage by stage and then in real time.

Get the Cadets to practice fainting from standing and the coming round process.

Unconscious

Discuss the recognition features of unconsciousness and the stages of coming round. Discuss the effect on the limbs, such as feeling limp and heavy.

Discuss the safety aspects of acting unconscious and the following points:

- Understand the causes of unconsciousness
- Read and understand your brief
- Be aware of your surroundings at all times
- Position yourself comfortably and safely, you may be there some time
- Understand possible handling
- Do not get straight up after acting unconscious. You are likely to faint if you do. Sit up slowly. Then when you feel okay, slowly stand up.

Demonstrate being unconscious and how to relax into a suitably relaxed state.

Tips for relaxing. [OHP]

- Find a quiet area
- Lie down and clear your mind
- Tighten up all muscles from knees down, pulling up feet and toes, and then relax
- Tighten up all muscles in buttocks and thighs, and then relax
- Tighten up all muscles in stomach and chest, and then relax
- Clench fists and tighten all muscles in arms and shoulders, and then relax
- Tighten all muscles in head and neck, (imagine you are trying to push your head into the floor) and then relax

Section: Creative

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Level 2 - Session 4

- Screw up eyes and face, and then relax
- Place tip of tongue behind bottom teeth and push out hard, and then relax

If any group of muscles tenses, re-tighten and then relax them

SAFETY - Remain aware of your surroundings at all times

- After relaxation, take time to recover fully before attempting to stand up

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Useful Resources

Organisations

Cas-Sim

A national casualty simulation organisation
Internet: www.cas-sim.org
Email: info@cas-sim.org
Help and advice, authors of this Subject

The Three Kings Theatrical Supply Co.

Theatrical supplies specialising in make-up
Internet: www.threekingstheatrical.com
Email: info@threekingstheatrical.com
Provides make-up, casualty simulation kits and books listed

First Aid Café

A website dedicated to First Aid\
Internet: www.firstaidcafe.co.uk
Useful source of some good photos of injuries

Books

Accident and Emergency Medicine

by David G Ferguson and David I Fodden
Published by Churchill Livingstone
ISBN 0-443-06029-0
(Some photos may not be suitable for younger Cadets)

Grimas Make-up your professional hobby

ISBN 90-71269-05-1
Some chapters have useful photos

Special Effects Make-up

Janus Vinther
Published by A & C Black
ISBN 0-7136-6747-8
Some chapters have some useful techniques

Current First Aid Manual

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Competency Sheet

Cadet Name :

Age:

Competency	Date	Competency Pass/Referred	Trainers Initials
Review			
Health & Safety			
Staging			
Positioning of the casualty			
Safety			
Props			
Scenario Location			
Make-up			
Basic Incised Wound			
Simple Burn/Scald			
Nosebleed			
Simple Closed Fracture			
Shock			
Bruising (old and new)			
Abrasions with Dirt			
Acting			
Basic Incised Wound			
Simple Burn/Scald			
Nosebleed			
Simple Closed Fracture			
Shock			

Section: Creative

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Level 2 - Session 4

Competency	Date	Competency Pass/Referred	Trainers Initials
Bruising (old and new)			
Abrasions with Dirt			
Fainting			
Unconscious			
Sprains/Strains			
Cramp			
Bystander			

Level 2 Competency Passed/referred*

Assessor Name:

Date:

*Delete as applicable